

# Wellness Wednesdays

Live Well Be Well  
North Valley



## New Topic Every Month

Join us for a 30-minute virtual wellness session during your lunch break! These casual, drop-in sessions offer a monthly dose of self-care, with tips and tools to help you build simple habits for feeling your best.

## Cheers to Balance: A Healthier Holiday Season November 5th 12:30–1pm

Simple, supportive strategies to help you enjoy the holiday season with more harmony, health, and intention.

Scan the QR code or

**[Click here to join the meeting](#)**

**Dial in by phone**

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More resources to Support YOU!

<https://livewellbewellnvly.org/>



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